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Monday, January 8, 2018 metro.us | t: MetroPhilly | f: MetroPhilly

JOHNSON UNDER FIRE

The controversial doctor faces the state psychology board today. 4

Taylor Swift adds second Philly show. 13

Flyers are finally playing like a playoff team. 20

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SAM NEWHOUSE, REPORTER

Dr. Umar Johnson has thousands of followers on social media where he advocates pro-African-American, anti-mainstream medicine and socially conservative beliefs. He's faced questions in the past about his years of fundraising for a school, but now he's got a hearing on accusations by the state that he misrepresented himself. Read the story on page 4 and at MetroPhilly.us.

TRUMP WILLING TO TALK WITH KIM JONG UN

President Donald Trump said over the weekend that he would "absolutely" be willing to talk on the phone to North Korean leader Kim Jong Un and that he hopes a positive development results from talks between North Korea and South Korea. North Korea agreed on Friday to hold official talks with South Korea next week, the first in more than two years, hours after Washington and Seoul delayed a

military exercise amid a standoff over Pyongyang's nuclear and missile programs. Trump, answering questions from reporters at the presidential retreat at Camp David, expressed a willingness to talk to Kim but not without preconditions. Trump and Kim have exchanged insults ever since Trump took office, with Trump repeatedly calling Kim "rocket man" for testing nuclear weapons and ballistic missiles.

IRANIAN OIL TANKER BURNS, 32 MISSING

A tanker carrying Iranian oil and run by the country's top oil shipping firm was ablaze and spewing cargo into the East China Sea on Sunday, after colliding with a Chinese freight ship, leaving the tanker's 32 crew members missing, the Chinese government said. Thick clouds of dark smoke could be seen billowing out of the Sanchi tanker, engulfing the vessel as rescue efforts were hampered

by bad weather and fire on and around the ship, Mohammad Rastad, head of Iran's Ports and Maritime Organization, told Iranian television. The Sanchi, run by an Iranian oil shipping operator, collided with the CF Crystal about 160 nautical miles off the coast near Shanghai and the mouth of the Yangtze River Delta on Saturday evening, the Chinese Ministry of Transportation said in a statement.



5 THINGS YOU NEED TO KNOW

NO PANTS SUBWAY RIDE

On Sunday, SEPTA riders took off their pants and danced to music as the Market-Frankford Line headed toward the 69th Street Transportation Center. For those unaware of the annual No Pants Subway Ride hosted by Got Laundry?, the ride became an unexpected sight to see. Some even decided to join in and take their pants off, too. The event hoped to shed light on homelessness in the winter by asking participants to bring socks to be donated to homeless Philadelphians. After reaching 69th Street, riders got off for a chilly photo and dance opportunity. Then riders got back on to continue the dance party until reaching the 15th and Market Street Station. **KAIT MOORE**

KAIT MOORE

ONE WINNING POWERBALL TICKET NETS \$358M

One Powerball ticket purchased in New Hampshire matched all six numbers for Saturday's estimated \$570 million jackpot drawing, the fifth-largest grand prize in the game's 15-year history, lottery officials said. The winning numbers drawn were 12, 29, 30, 33, 61 with a Powerball of 26. The identity of the winner or winners was not immediately released. If the winner selects the lump-sum option, the one-time

payout would total an estimated \$358 million, before taxes. The odds of a single ticket hitting all six numbers in the Powerball are 292 million to 1, according to the Multi-State Lottery Association. Saturday's winning Powerball ticket is the second large lottery grand prize drawn in as many days. On Friday, one winning Mega Millions ticket, worth an estimated \$450 million, was sold in Florida. That lump-sum payout is \$281 million.

AIDE ASSAILS BOOK, CALLS PRESIDENT A 'GENIUS'

A senior aide to President Donald Trump on Sunday assailed a new book rattling the White House, called his boss a genius and launched an attack on news coverage before a TV anchor cut off their interview. Senior policy adviser Stephen Miller told Jake Tapper on CNN's "State of the Union" that the book "Fire and Fury: Inside the Trump White House" by journalist Michael Wolff was a "grotesque work of

fiction." Miller accused CNN of "anti-Trump hysterical coverage" following the Friday release of the book, which portrays Trump as mentally unstable and unfit for the demands of his job. Its publication prompted Trump to post on Twitter that he is a "very stable genius." Miller added, "The reality is that the president is a political genius," before accusing Tapper of being "condescending." **Read more on page 11.**

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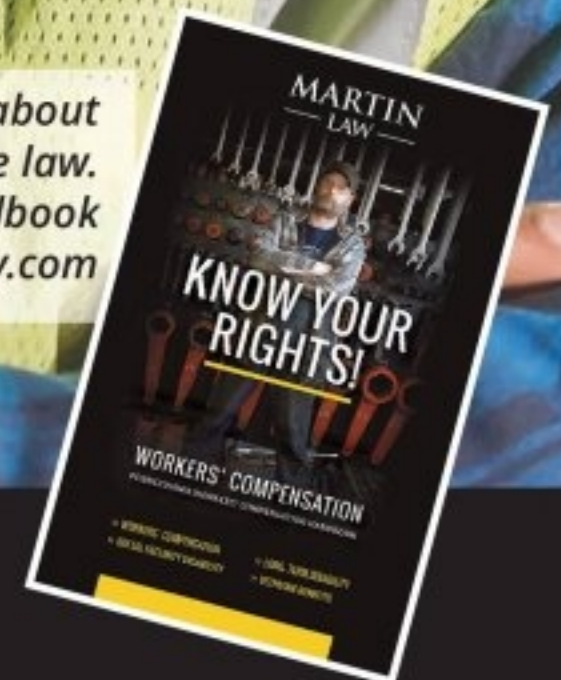
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'Divisive' Dr. Umar Johnson accused of misrepresentation by psychology board

Philly Afrocentric and conservative thinker Dr. Umar Johnson will face state authorities who say he cannot call himself a psychologist.



SAM NEWHOUSE
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Dr. Umar Johnson, aka Dr. Umar Ifatunde, is someone whose beliefs veer considerably from

the mainstream, and in some cases could even be considered hate speech.

But controversy and the label of "black nationalist" hasn't stopped the Philly thinker, who calls himself as the "Prince of

Pan-Afrikanism," from building an audience of some 350,000 followers on Instagram and Facebook with his Afrocentric views, criticism of the U.S. education system and medical indus-

try, and conservative social views like opposition to homosexuality and interracial marriage. And since 2014, he claims to have fundraised hundreds of thousands of dollars from followers for his envisioned Frederick Douglass Marcus Garvey Leadership Academy.

On Monday, Johnson's credibility will be questioned by the state at a hearing in Harrisburg. Pennsylvania's State Board of Psychology has accused Johnson of presenting himself as a psychologist without a license, and say he could be fined \$10,000 per violation.

Johnson who is gearing up to visit Asia later this month, did not respond to Metro's request for comment. But he asserted in a letter to the state that he has been a "Commonwealth of Pennsylvania Certified School Psychologist" since 2001.

"I take my job as a school psychologist very seriously, and I respect the profession of psychology a great deal, as to become a psychologist has been a goal of mine since attending elementary school in North Philadelphia," Johnson wrote the state, adding that he is interested in meeting them so he can become a licensed psychologist.

Johnson is known for his ongoing fundraising

campaign to open his hypothetical Leadership Academy and vocal discussion of educational issues for African-American youth. In 2014 he led an unsuccessful effort to reopen the now-defunct HBCU St. Paul's in Virginia with his envisioned school. He claimed to have raised \$125,000 through Paypal in 2015 for the school before the website froze his account in 2015 for lacking official 501(c)(3) nonprofit status. He had reportedly raised another \$400,000 in a Gofundme last year, but that campaign is currently suspended.

Johnson's 2012 doctorate in Clinical Psychology from the Philadelphia College of Osteopathic Medicine was verified by Theroot.com, but he has used the title "Dr." since at least 2007.

"He's divisive, he's a bit off-putting, but I'd be dishonest to say there isn't an audience for the type of narratives and thought-processes he puts out there," said Christopher "Flood the Drummer" Norris, a local activist and writer who is the acting morning host on WURD 900. "He calls himself the prince of pan-Afrikanism. I think a lot of people don't even know what that means. ... There will always be an audience for Dr. Umar Johnson, but it will not be a wide audience, and I will not be in it."

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Dr. Umar Johnson is facing a state hearing over whether he can legally call himself a psychologist. **FACEBOOK**

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On this day, 100 years ago

You may not remember his "14 Points" from history class, but your Polish friends certainly do (oh, and so does anyone who values world peace); here's a refresher course on how President Wilson changed Europe as we know it. **SAM FAKTOROW**

Europe was in shambles toward the end of World War I. In an effort to negotiate peace and bring renewed prosperity, Woodrow Wilson presented the "14 Points" to Congress — a set of principles that sought to bring about justice. Kind of epic, right?

We've summarized the most important highlights for you. Think of it as a Cliffs Notes for one of the most important plans for global cooperation and diplomacy, and it happened 100 years ago today.

What happens in Europe doesn't always stay in Europe! Keeping things hush-hush helps no one, so diplomatic negotiations shall be open and public. No more secret agreements or secret treaties! We're all in this together.

Took a boat to get here? Travel by water is for everybody and need not be restricted. Seaways and oceans are free to navigate for all in both times of war and peace.

Eliminate economic barriers between countries. Period. This party is open invitation for all — so long as you don't start a fight. Everybody's just trying to have a great time and get all the best from the open bar and buffet.

This whole World War thing has really hurt a lot of people. Let's cooperate and help countries rebuild, allow them the resources they need to thrive and do all we can as a global community to give peace a chance.

CALLING ALL POLES! Poland was erased from the map of Europe for 123 years, and it's time



to bring it back. A Polish state shall be reestablished, and it should have access to the sea and assured political and economic independence and integrity. *Postscript:* Although

world peace is still a work in progress, 100 years of Polish independence is a real thing; this week 10 million Polish-Americans will be celebrating Wilson's bold move to return to

them their own country, and strengthen the deep friendship that's existed between our two nations. Polish statesman Ignacy Jan Paderewski (who, in addition to being prime minister and foreign minister was also a virtuoso pianist and composer ... and foot the bill for the building of New York City's Washington Arch in Greenwich Village) had a sit-down with our then-president, and convinced him to make this a condition of peace negotiations. Today, Poland is a member of NATO, the European Union and a non-permanent member of the United Nations Security Council.

We all deserve political independence, territorial integrity and peace. Therefore, an association of nations must be

created to set expectations for all of us. Am I right? Yes, indeed, I am.

Following these points, Wilson made it clear his intention was not to place blame or punish certain countries, but to build a world in which nations could act, within their own borders, to help their own people, and work across the aisle with other governments for the betterment of all.

We've still got a way to go, but enjoy celebratory pierogi with your Polish friends (and raise a glass to Woodrow Wilson) this week in the name of the big anniversary.

Class dismissed.

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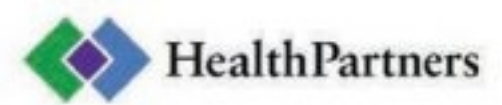
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The so-called "bomb cyclone" as seen by satellites. NASA

NBC10's Sosna: Don't be fooled by 'January thaw'

A warm forecast follows the wrath of the bomb cyclone, but freeze could return.



SAM NEWHOUSE
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Though it might seem impossible now, the Philadelphia region is about to see a big snow melt.

Forecasts say temperatures on Monday won't go over 20 degrees — making this recent deep freeze, with 12 days in a row below 32 degrees, the coldest consecutive stretch recorded since 1982.

It's also the eighth-longest cold stretch in Philadelphia in recorded history, according to Steven Sosna, a Lansdale, Pennsylvania, native who joined NBC10 as a meteorologist in September 2017.

A storm of sleet and freezing rain is forecast for Monday evening. But for the rest of the week, temperatures are forecast to reach 50 by Thursday and stay there for several days in a "January thaw."

"Following some of these historically cold winters, you have that elusive January thaw, one or two weeks with a significant break," Sosna said. "Good chunks of snow will be melted away in the next several days. You're going to get some dense fog."

But don't let the thaw fool you, Sosna said. Based

on his readings of ocean oscillations, he opined that another freeze will soon follow the warmer temperatures, a shift he said is not uncommon for the area.

"People shouldn't get really accustomed to that January thaw, because it most likely will come back in February," he said. "This pattern may try to cycle back toward us in February, but there's a level of uncertainty."

We could even see another bomb cyclone, he said. While last week's storm was especially severe, bomb cyclones are actually not that uncommon, he said.

"It should have had a different name. It should have been the 'super-bomb cyclone,'" he said. "It was one of the most impressive storms that we've ever measured. But in terms of calling it 'the' bomb cyclone — we've had numerous bomb cyclones. We could have one a month from now."

THE COMING THAW

Monday: H 20, L 14
Tuesday: H 34, L 30
Wednesday: H 41, L 32
Thursday: H 50, L 47
Friday: H 55, L 43
Saturday: H 46, L 27
Sunday: H 36, L 22
Source: NBC10

STARBUCKS

Starbucks wins dismissal in US of underfilled latte lawsuit

Starbucks Corp. has won the dismissal of a U.S. lawsuit accusing the coffee chain of overcharging customers by underfilling lattes and mochas to reduce milk costs.

U.S. District Judge Yvonne Gonzalez Rogers on Friday found a lack of evidence that Starbucks cheats customers by making its cups too small, using "fill-to" lines on baristas' pitchers that are too low, and instructing baristas to skimp on ingredients, such as by leaving a quarter-inch of space atop drinks.

The Oakland, California-based judge also rejected a claim that milk foam added to lattes and mochas should not count toward

advertised volumes. She said reasonable customers expect foam to take up some volume, and the plaintiffs conceded that foam is an essential ingredient in their drinks.

Siera Strumlauf and Benjamin Robles, both of California, and Brittany Crittenden of New York had accused Starbucks in their proposed nationwide class action of fraud and false advertising by underfilling 12-, 16- and 20-ounce lattes by about 25 percent, causing unspecified damages.

Starbucks countered that its cups hold more than the advertised number of ounces and that the "fill-to" lines provide guidance as to how much cold milk, which expands when steamed, to pour into pitchers. **REUTERS**

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GEARING UP FOR TRUMP'S 'DISHONEST,' 'CORRUPT' MEDIA AWARDS

I didn't buy a load of bread, eggs and milk for the bomb cyclone, but I'll assure you this: I'm laying in a serious supply of popcorn, ginger ale, and Mike and Ike's for the big awards show on Monday.

Which awards, you say? Well, of course I'm talking about President Trump's tweeted promise to announce "THE MOST DISHONEST & CORRUPT MEDIA AWARDS OF THE YEAR...Subjects will cover Dishonesty & Bad Reporting in various categories from the Fake News Media. Stay tuned!"

I can't imagine anything more exciting. After all, he's spent a surprising amount of time (I mean, for the Leader of the Free World) tweeting, complaining, and generally carping about media coverage ever since he's taken office and I'm truly curious to see what he considers the worst of a bad lot. It's tricky, since many of the reports that have irritated him the most have turned out to be...you know...true. And quite often when he's wanted more coverage of things he's said they've turned out to be...you know...false.

That said, I imagine he'll have to thread the needle a bit with his categories to make sure he

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



doesn't just get called out again for getting something wrong. (If this were a movie, we'd flash-edit right now to Sarah Huckabee Sanders dropping some antacids into a glass of water and sighing.)

Now, when I first saw this I feared it might be an inside job; that he'd roll out a whole bunch of his own team's falsities and then cart off all the awards for himself. After all, he does like talking about how things are "rigged." But that doesn't seem to be the case.

I was asked by a friend shortly after the awards were promoted by the presidential thumbs, whether it would be good or bad for me to get one. And I said my job is not to be

the president's enemy, nor his friend, nor to care what he thinks of me, so it did not matter. But who am I kidding? A Trumpy on the

shelf would be a real conversation starter. And if anyone asked, "Is it real?" I'd just say, "Wouldn't you like to know?"



President Donald Trump said he would hold an awards show, the "Dishonest & Corrupt Media Awards." GETTY IMAGES

RUSSIA

CIA: Russia and others trying to undermine US elections

The head of the Central Intelligence Agency said on Sunday that Russia and others are trying to undermine elections in the United States, the next major one being in November when Republicans will try to keep control of Congress.

U.S. intelligence agencies have concluded that Russia interfered in the 2016 presidential election to try to help President Donald Trump win, in part by hacking and releasing emails embarrassing to Democratic presidential candidate Hillary Clinton, and spreading social media propaganda.

CIA Director Mike Pompeo

told CBS that the Russian interference is longstanding, and continues. Asked on "Face the Nation" if Moscow is currently trying to undermine U.S. elections, Pompeo responded: "Yes sir, have been for decades."

"Yes, I continue to be concerned, not only about the Russians, but about others' efforts as well," Pompeo said.

Trump has at times suggested that he accepts U.S. intelligence agencies' assessment that Russia interfered in the election but at other times has said he accepts Russian President Vladimir Putin's denials that Moscow meddled.

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White House: Those who 'don't see Trump's positive impact' are 'mentally unstable'

Sarah Huckabee Sanders appeared on "Fox & Friends" on Friday to discuss claims that Trump is "mentally unfit" for the presidency.



SAM BRODSKY
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Whether it's due to slurred speech, erratic tweets or quotes from inside sources, Trump's mental state has been

questioned by professionals left and right. Politico reported last week that in December, over a dozen members of Congress summoned Yale University psychiatry professor Dr. Bandy X. Lee for a two-day briefing.

Lee's diagnosis? "He's going to unravel, and we are seeing the signs."

In an interview, Lee, the editor of "The Dangerous Case of Donald Trump," pointed Politico to Trump's talk of conspiracy theories, denial

of "things he has admitted before" and "the rush of tweeting [which we feel] is an indication of his falling apart under stress."

"Trump is going to get worse and will become uncontrollable with the pressures of the presidency," Lee concluded.

Also on Wednesday, excerpts from Michael Wolff's now-available "Fire and Fury: Inside the Trump White House" released detailed scrutiny of the president's mental state based off interviews with presidential staff. The book, which has already been named No. 1 best-seller on Amazon and also includes disparaging comments from former strategist Stephen Bannon, was dismissed by press secretary Sarah Huckabee Sanders as misleading and false. She denied that Wolff had any conversations with the president — and so did Trump himself, claiming in a tweet that he gave Wolff "zero access" to the White House.

Sanders spoke further during "Fox & Friends" on Friday saying, "I think it's absolutely insane to think all of these individuals, reporters and others, who all of a sudden have a medical degree and think that they can diagnose somebody, many times that they've never even had a conversation with."

"It's absolutely outrageous to make these

types of accusations, and it's simply untrue, and it's sad that people are going and making these desperate attempts to attack the president," Sanders continued. "What I think is really mentally unstable is people that don't see the positive impact that this president is having on the country."

Sanders went on to cite this impact: "The economy is booming, we're crushing ISIS, day after day things are getting better for Americans all over this country. And I think it's really sad that these people don't see that, and that they're not celebrating and trying to join in the president's efforts to turn our country around."

According to Real Clear Politics' average of recent polls, after a year of Trump's presidency, 59.7 percent of Americans feel the country is on the "wrong track," while 32.2 percent feel it is moving in the "right direction," Daily Wire reported.

On Thursday, Sanders told reporters that questioning Trump's mental state was "disgraceful" and "laughable," stating, "if he was unfit, he probably wouldn't be sitting there."

The White House confirmed that Trump will undergo "the customary presidential physical" at Walter Reed National Military Medical Center on Jan. 12. Results will be made public.

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Sarah Huckabee Sanders commented about Americans who don't see Trump's positive impact. GETTY IMAGES



TRUMP'S AMERICA

DUMB, DUMBER, TRUMP

How, like, stupid is this?

A new book raises questions about Donald Trump's mental fitness. So he fires off an angry tweet storm that makes him sound mentally unfit. Then, he sends an unhinged person named Stephen Miller onto CNN to vouch for his "very stable genius."

There's a phrase for strategies like this one. The phrase is "not too bright."

You already know the background here. Michael Wolff's new book, "Fire and Fury: Inside the Trump White House," quotes an army of insiders, many by name, raising disturbing questions about the president's 71-year-old brain. On page after page, Trump comes off as a volatile nitwit, a semi-literate child unable to focus on anything but his own whims and eruptions.

To calm the roiling waters, Trump's lawyers did the worst possible thing: They threatened legal action, firing off cease-and-desist letters to silence Wolff and his on-the-record source Steve Bannon, Trump's former

ANALYSIS



ELLIS
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@henican

campaign boss and chief White House political strategist who now runs Breitbart News.

As the book shot up the best-seller lists, and the legal thuggery was met with guffaws, Trump took to Twitter, his digital primal-scream room, declaring that he's always been known for his "mental stability" and "being, like, really smart." Typed the president: "I went from VERY successful businessman to top T.V. Star to President of the United States (on my first try). I think that would qualify as not smart, but genius ... and a very stable genius at that!"

Well, let's see.

To prove it, he sent wild-eyed Stephen Miller, his chief policy advisor, onto CNN's "State of the Union."

There may be a less attractive man in Washington, physically or temperamentally. But no

one's been able to prove it. I'd like to quote some of what Miller said to Jake Tapper on Sunday. But other than calling Bannon "grotesque" — even a stopped clock is

right twice a day — and repeatedly sputtering that Trump is a "political genius," most of what Miller yelled was simply indecipherable.

I know. There is

no one form of intelligence. People can be smart — or dumb — in a thousand different ways. But dumb isn't smart, no matter how loudly you, like, yell it.

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "TRUMPITUDE: The Secret Confessions of Donald's Brain." Join him on Twitter @henican.



A new book questions President Trump's mental stability. GETTY IMAGES

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The 8 biggest *fuccbois* on TV

The term "fuccboi" (also see "f—kboy" and "f—kboi") has been around for a long time. Its definition today — the one that's easy to digest for the masses — is basically a good-looking dude (or rarely, a woman) who plays games, is incapable of basic communication and also? Thinks he's the hottest s—t on Dumbledore's green earth.

All the more reason to celebrate them, we say. At least, the fictional ones. As far as television goes, 2017 was pretty meh — but it offered us fuccbois galore. So as we embark on 2018, we're remembering 10 of the most f—kery-having fuccbois from last year in TV. **RACHAEL VAUGHAN CLEMMONS**



Adam, "Jane the Virgin"

This year, we praised the fuccbois of "Jane the Virgin," and for good reason: Jane reconnected with her ex, Adam, early in the season. And Adam, bless is heart, was a beautiful, no-good fuccboi from the beginning. Maybe he didn't know he was playing games with Jane's heart — but by the time he breaks the news to that he's moving to California, it's like, boy, bye.

Euron, "Game of Thrones"

With his makeover into a medieval-era Captain Jack Sparrow and his cavalier attitude toward raping, pillaging and murdering, Euron Greyjoy is absolutely the biggest fuccboi in Westeros. Besides, it's very clear that it's not Cersei he's taken with, so much as her position of power. Rude!



Lawrence, "Insecure"

We saw a whole lot of Lawrence this year. A whole lot. And while we're not complaining, his attitude this season — and the way he treated the women he dated — was trash. Classic fuccboi tendencies.

Jesse, "Preacher"

All of the characters of "Preacher" get off on being bad. But Jesse Custer is, by far, the worst. Despite constantly saying he loves Tulip, he barely pays attention enough to know what's ever going on with her. Baby girl had PTSD! But worst of all, Jesse can't be bothered because of his one-track mind. A fuccboi supreme.



Nick, "The Handmaid's Tale"

Nick is mysterious, hard to read and very, very hot. Even by season's end, we don't know whose side he's on — or much more about him, because let's be honest, his flashback episode did nothing to clarify. Erring on the side of fuccboi with this one.



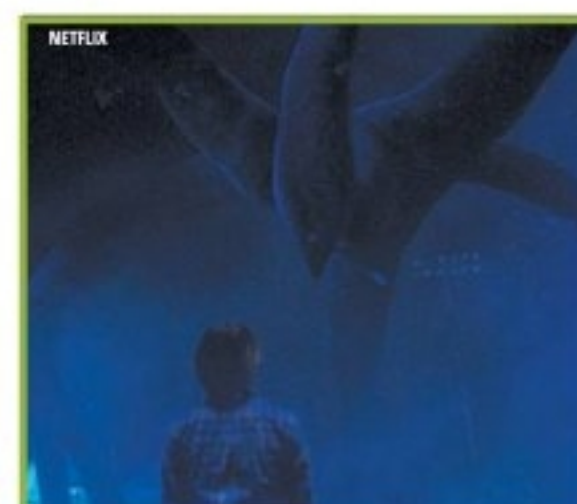
BoJack, "BoJack Horseman"

Fun fact: knowing you suck doesn't make you any less a fuccboi. Case in point? BoJack. That horse has been self-aware about his self-destructive tendencies for a few seasons now, but it looks like that's not enough incentive to change. Typical.



Nola Darling, "She's Gotta Have It"

Sorry, not sorry: But Nola Darling is trash. She says she's a "sex-positive, polyamorous pansexual." But at best, she's selfish and out of tune with her partners' needs and wants. At worst, she doesn't care who she hurts; she's a poor communicator and she's rude AF. (Dewanda Wise playing Nola, though, is amazing.)



The Upside Down, "Stranger Things"

The Upside Down is always involving itself when nobody asked for its opinion. It's always messing everything up for everybody — especially poor Will. But also? The Upside Down is definitely very good looking in its own spooky way.

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Taylor Swift adds second Philly show for July

Get excited, Swifties!



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Taylor Swift, the pop-star behind infectious hits like "Shake it Off," "You Belong With Me" and "We Are Never Getting Back Together" is performing not one, but two Philly shows this July at Lincoln Financial Field for her "Reputation" stadium tour.

Due to popular demand, a second show has been added for Friday, July 13, in addition

to the previously scheduled show set for Saturday, July 14.

Tickets go on sale to the general public on Wednesday, Jan. 31 at 10 a.m. but fans will have the opportunity to buy tickets in advance. More details are available through Taylor Swift Tix powered by Ticketmaster Verified Fan.

The Taylor Swift "Reputation" stadium tour kicks off May 8 in Arizona and this will be Swift's fifth and sixth time performing at Lincoln Financial Field, where she made her debut in August 2011.



If you're a fan, you won't be able to "shake off" the regret of not getting tickets to see Tay Tay perform live. GETTY IMAGES

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Things you can't miss at the Greater Philadelphia Pet Expo

Dogs, cats, reptiles, birds and alpacas — oh my!



JENNIFER LOGUE
@jenniferlogue
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Love pets? Then you should definitely mark your calendar for the Greater Philadelphia Pet Expo, taking place from Jan. 12 through Jan. 14 in Oaks, Pennsylvania.

The three-day event is now in its 22nd year and entertains as well as educates the public. From pet-adoption opportunities to vendors selling the coolest new products for your furry (or scaly or feathered) friend, the Greater Philadelphia Pet Expo is expected to attract 15,000 visitors this year.

"Anyone who loves pets should come to



You can check out rare cat breeds at the TICA show.
ALL PHOTOS NANCY HASSEL

the expo," says Karen Garetano, one of the event's promoters. "It's an all-ages, fun, family event, and you can even bring your well-behaved, leashed pets to the show."

The show will feature dogs, cats, birds, exotic reptiles and so much more. Here are five things you can't miss at the 2018 Greater Philadelphia Pet Expo.

1. Dog Lovers Day Lure Course
If Fido wants to test his agility, the lure course is the way to do it. A new addition for this year, your dog will have the perfect outlet for all that

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energy, running through tunnels and jumping through hoops. There is an additional fee to run the course, however.

2. Gail Mirabella and the Dynamo Dogs

This lovable variety act of energetic canines and Gail Mirabella has appeared on "Late Night With David Letterman," "The Tonight Show With Jay Leno," "Good Morning America" and more. Expect all sorts of fun tricks including Frisbee

acrobatics.

3. Johnny Peers and Mutville Comix

A slapstick-comedy act with dogs? Johnny Peers is a Ringling Brothers Clown College graduate and has been working with dogs in his routines since adopting his first puppy in 1972. Since debuting in 1980, Mutville Comix has appeared on David Letterman and even performed at the White House. The show features mainly shelter

If you go:

Jan. 12 (4 p.m. to 9 p.m.)
Jan. 13 (10 a.m. to 7 p.m.)
Jan. 14 (10 a.m. to 5 p.m.)
Greater Philadelphia Expo Center, 100 Station Ave.
Oaks, Pennsylvania
familypetshows.com

dogs with a lot of unique quirks and talents. Mr. Pepe, for instance, only responds to commands in Spanish.

4. Alpacas!

Here's your chance to get up close and personal with these gorgeous animals as well as learn about them. Illusion Ranch, based out of Boyertown, will even have baby alpacas you can pet, whose fleece has been dubbed "the softest in the world" and also happens to be hypoallergenic.

5. TICA Cat Show

For all the cat lovers out there, Central Jersey Cat Fanciers will be putting on a TICA (The International Cat Association) Show, featuring a lineup of pedigreed cats that includes rare breeds.



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Alla Spina to host a 'culinary cage match'

May the best chef win!



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On Tuesday, Jan. 16, Italian restaurant Alla Spina will host a unique four-course dinner that is also a cooking competition.

Amis executive chef Brad Spence and Osteria head chef Jeff Michaud will compete against each other using a list of "secret" ingredients to prepare a decadent feast for guests.

While we couldn't get any info on the menus, Michaud gave us the following clues as to what he's cooking with in terms of ingredients.

"The menu is top-se-

cret - can't give my opponent a leg up! As for the secret ingredients - this battle is all about 'sugar & spice' with the secret ingredients being blood orange, maple syrup, honey and cinnamon," he says.

Tickets are \$85/person plus tax and tip, which includes a beverage pairing.

The "culinary cage match" is not the first between Spence and Michaud. Both competed before when Spence was victorious following his



Brad Spence ALL PHOTOS PROVIDED



Jeff Michaud

desert

course. Will Michaud win this time? It's up to the people eating as their votes crown the winner.

What's even more interesting is that both chefs have been in the food scene for over 10 years, and both enjoy competitive fighting in their downtime: Spence boxes and Michaud does

If you go:

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Tuesday, Jan. 16
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allaspina.philly.com

ujitsu.

Michaud notes that cooking and jujitsu have one striking similarity when it comes to technique.

"You stay simple with the technique and the result is perfection," he reveals.

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4 Rules for keeping a tight budget

That's right. Saving money is a real thing!

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If you are like most people, you probably need some guidelines for keeping a tight budget so you are not coming up short when it's time to pay the bills each month.

We recently spoke with Jesse Mecham, the founder of personal-finance software You Need A Budget and author of the book of the same name for some advice.

1 Give every dollar a job
If you give each dollar in your bank account a specific goal or purpose, it will help you prioritize your spending in a constructive way. If you place more importance on each individual penny to your name, you will place more focus on spending your money on bills and saving then on frivolous purchases.

According to Mecham's guidelines, you should only make spending plans with the money you have right now so you don't find yourself in an endless loop of playing catch-up with your finances.

"Many people make the mistake of saying 'Well, I'm on a budget. What will I earn and what can I spend?'" says Mecham, "Whether it's a \$300 or \$30,000, it's the same exercise."

2 Embrace your true expenses
Mecham believes you can avoid going into the red if you budget accordingly. By putting away a little money each month to save for yearly events like birthdays and holiday shopping, you can give yourself a head start. Circle those events on your calendar and then think of it like you are paying off your credit cards or student loans. Once those dates roll around, you will have some money to

play with while having the rest of your finances in order.

3 Roll with the punches
Of course, it's a commendable thing to put restrictions on your spending for the sake of saving money. But as the saying goes: Sh*t happens! Sometimes life throws things at you that you can't avoid, and you'll need to break the budgeting rules you have set up for yourself. Because of that, Mecham

4 Age your money
Lastly, a great way to make sure that you are not living paycheck to paycheck is putting some time between when you get paid and when you spend your money. The goal is to be spending money that you have saved for over 30 days rather than money you received yesterday.

We know budgeting is hard. But it beats living paycheck-to-paycheck. Oh, to be a grownup!

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Who's really better, the Eagles

Breaking down the Eagles and Falcons Divisional Playoff match up, position by position.



EVAN MACY
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The 13-3 Eagles, No. 1 overall NFC seed in the playoffs after one of the best seasons in franchise history, currently stand as 2.5 point underdogs at home in next Saturday's NFC Divisional Playoff matchup against the 10-6, No. 6-seeded Falcons.

How are the Eagles, once among the favorites to win the Super Bowl, expected to lose in the first round at home? Well, it's because of Nick Foles.

The Falcons showed some impressive play on both sides of the ball up-setting the Rams this past weekend. But are they better than the Eagles? Here's a position by position breakdown.

ADVANTAGE FALCONS



The Eagles and Falcons kick off Saturday afternoon at 4:35 p.m. ALL PHOTOS GETTY IMAGES

Quarterbacks

This one is obvious. Carson Wentz, whose 33 touchdown passes through just 13 games were the second most in the

NFL, would have given Philly the edge here but he has a torn ACL and the team belongs to Foles. After unimpressive performances against the Cowboys and Raiders, Foles has many worried

about the Eagles air game. The Falcons, on the other hand, are led by veteran Matt Ryan who completed 70 percent of his passes for a 101.8 QB rating against the Rams.

DEAD EVEN

Running backs

The Falcons dynamic duo of Devonta Freeman and Tevin Coleman combined for 1,493 yards this season and will go up against the Eagles stout run defense, a unit that by many metrics is the best in the NFL allowing under 80 yards per game. Philly boasts LeGarrette Blount, Jay Ajayi and Corey Clement, and is one of the more potent ground games in football — third best by total yards — thanks in part to a great offensive line. This is a

pick-em area.

Wide receivers, tight ends

This one is even and here is why. The Eagles have a plethora of pass-catching options for the Falcons secondary to be worried about, mainly Alshon Jeffery, Nelson Agholor and Zach Ertz. But the Falcons have Julio Jones, one of the three best receivers in the NFL. He's enough to change an entire game all by himself.



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or the Falcons?

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Offensive line

The Eagles are sending two linemen to the Pro Bowl — Lane Johnson and Brandon Brooks — and have a third who is a first-team All-Pro selection in Jason Kelce. This unit, if it protects Nick Foles, could be the difference against a solid front seven from Atlanta.

Defensive line

Atlanta is not lacking in the pass rush category, with one more sack (39) on the year than the Eagles (38). Adrian Clayborn (9.5), Vic Beasley (5) and Takkarist McKinley (6) all know how to get to the quarterback, but Philly gets the edge thanks to Fletcher Cox (5) and his ability to take over a game, alongside rookie Derek Barnett (5) and the always impressive Brandon Graham (9.5). With depth, Chris Long and Vinny Curry can also cause the Falcons

offensive line fits.

Secondary

The Falcons rely heavily on veterans Keanu Neal and Desmond Trufant — both very solid players — on a unit that generated eight interceptions. However, the Eagles secondary is a big play unit. They have generated 19 interceptions, the fourth most in the NFL while also allowing just 6.5 yards per pass, third best in the NFL. Patrick Robinson, Jalen Mills and Malcolm Jenkins have all had breakout seasons while reinforcements have arrived in the recent return of Ronald Darby and rookie debut of Sidney Jones.

For more Eagles coverage, visit metro.us



ADVANTAGE FALCONS

Linebackers

Another injury hurts the Eagles as the lack of Jordan Hicks gives the Falcons an edge as they are led by Deion Jones and his 138 combined tackles at linebacker. Mychal Kendricks and Nigel Bradham are still solid pieces for the Eagles defense.

ADVANTAGE EAGLES

Overall roster advantage

This is a toss up game to be sure, but the Falcons had a mundane season, barely making the playoffs as their points per game output dropped by more than 8 points from last season. If they are hitting their stride, it will be up to Philly's defense to pull out the win. But this is the best case scenario for the Eagles and in front of a raucous home crowd that sold out Lincoln Financial



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Flyers win third straight, climb into playoff spot

With one game, a 4-1 win over the Sabres on Sunday afternoon at the Wells Fargo Center, the Flyers finally climbed out of Metropolitan Division cellar and simultaneously took over the last wild card spot in the Eastern Conference.

Now, it can all change depending on Sunday's late results, but it's important to note that after 42 games the Flyers are a playoff team.

"It's a great feeling to be in this spot, but it's only half of a season," Jakub Voracek said following the team's third straight victory and fourth win in the last five games. "We have to make sure we don't go through any slumps again. Every game is huge. The Metro is tight. We have to be really, really sharp the rest of the year."

Despite enduring a 10-game losing streak, when fans and media were calling for coach Dave Hakstol to be fired, inconsistent play and a team that has had as many as five rookies on the ice at the same time, the team has positioned itself to make a legitimate playoff run in the second half of the season.

They did so with home victories over the Islanders on Thursday, the Blues on Saturday and then the Sabres. The Flyers downed Buffalo behind markers from Sean Couturier, who had two, Ivan Provorov and Shayne Gostisbehere.

After a lackluster 5-1 loss to the Penguins last Tuesday, the Flyers played with energy and purpose in the next two wins and received balanced scoring from all four lines and



The Flyers will head to a break in very good shape after Sunday's win. GETTY IMAGES

the power play. In their third game in less than 72 hours, they appeared, as expected, fatigued at times but persevered against the worst team in the conference. Due to a mandatory bye week, the Flyers are off until they travel to face the Devils on Saturday.

"It was important to get this win going into the break," said Couturier, who has a career-high 23 goals to lead the team. "We spoke after the Pittsburgh game that we weren't too happy with our effort. We had three games in four nights before the break and we wanted to do good. I

think we showed some good character here."

The Flyers control their own postseason destiny. In their next 12 games and in 34 of their final 40 games, they will play against Eastern Conference teams. It won't be easy, especially against teams in the Metro, where all of them are within a whisper of the playoffs and eight points separate first and last place.

However, if they win a majority of those crucial conference and division games, the Flyers will likely secure their first playoff berth in three years. **ERIC GOLDSTEIN**

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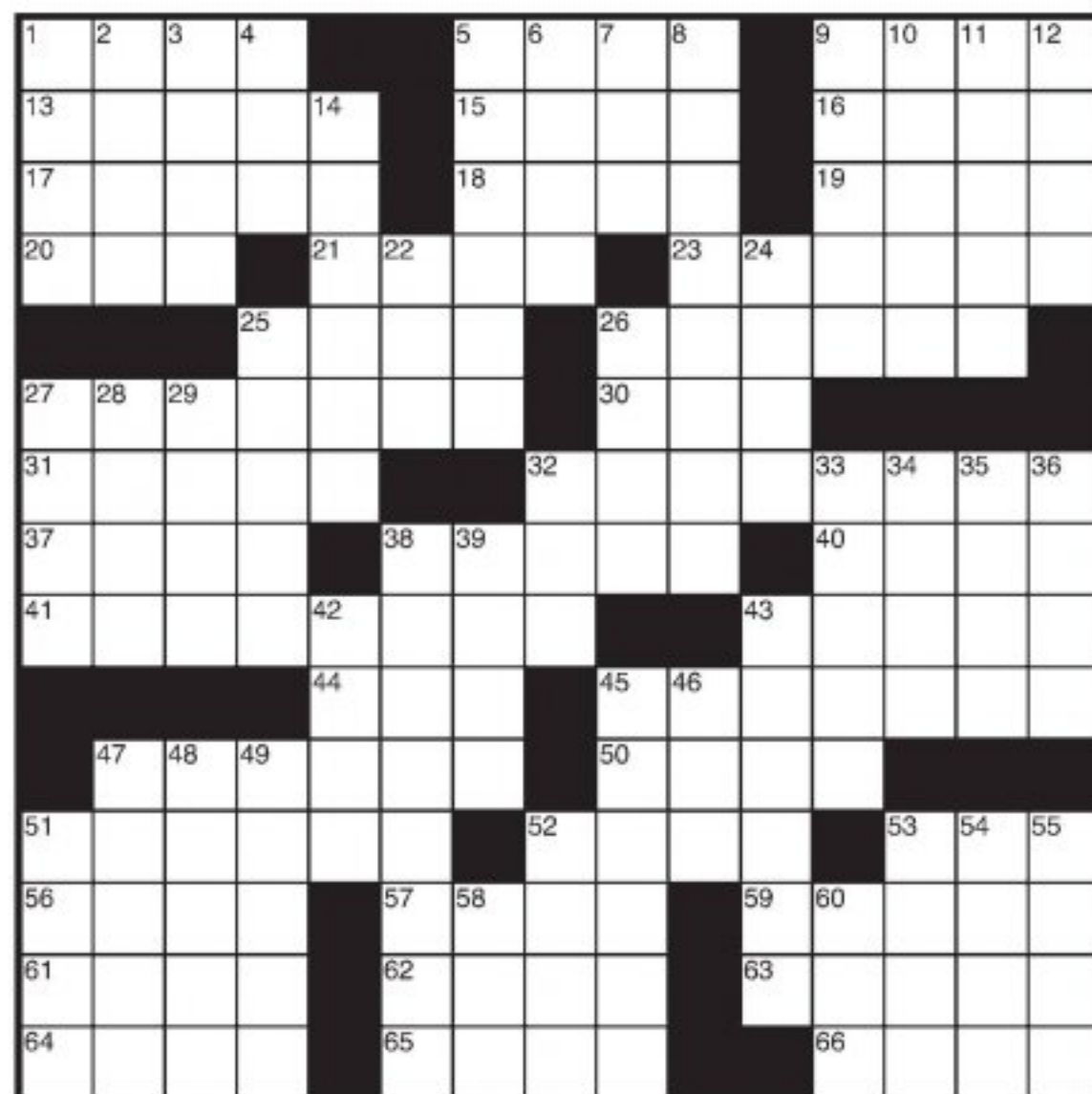
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Taurus Live life and learn from experience. Taking short trips and soul-searching will encourage you to make positive changes to the way you think and do things.



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Cancer Refrain from letting your emotions take the reins. Don't make changes without getting consent from the people affected by your choices.



Leo Change may be calling out to you, but gauge how much it will cost and consider the possible consequences should you not enforce moderation. Proceed with caution.



Virgo Don't let the changes going on around you disrupt your plans. Your steadiness will be respected, and the support you are given will help you complete whatever you start.



Libra Don't let your emotions overrule what needs to be done. Act appropriately in light of what's transpired, and let the facts guide you to make the best choice.



Scorpio You'll have plenty of energy, so don't sit idle. A short jaunt, a get-together with friends or relatives or an energetic activity that challenges you physically is favored.



Sagittarius You can outmaneuver anyone if you control your emotions. Rely on speed to help you avoid interference. Someone is likely to divulge damaging information.



Capricorn Listen and learn, but don't make a move. Stick close to home and avoid anyone who tends to be inconsistent or difficult to handle.



Aquarius Make your financial decisions based on your disposable income. The idea is to lessen your stress, not add to it. Act and react intelligently, regardless of temptation.



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